

2010

# Health Education

**Programs, Information  
& Resources**

**For Kids, Adults & Seniors**

## **Coverage Exclusions:**

This document does not guarantee coverage for all preventive services. Immunizations for travel are generally not covered. Other non-covered services can include any medical service or device that is not medically necessary, and any services and supplies for, or in connection with, experimental, investigational or unproven services. This document contains only highlights of preventive health services. The specific terms of coverage, exclusions and limitations, including legislated coverage, are included in the Summary Plan Description or Insurance Certificate.

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CMG does not participate in all health plan networks. If CMG, CMG Urgent Care and/or CMG CareToday is a participating provider in your health plan network, applicable copayments, coinsurance and deductibles will apply. Special CIGNA Medicare Part D rules apply.





Cigna Medical Group  
HEALTH EDUCATION  
DEPARTMENT

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IN EMERGENCY SITUATIONS

**Call 911**

OR GO TO THE NEAREST  
EMERGENCY ROOM

# ABOUT OUR HEALTH EDUCATION DEPARTMENT

Cigna Medical Group's (CMG) Health Education Department is staffed by health educators, certified diabetes educators and registered dietitians to help our customers develop and maintain healthier lifestyles. By providing comprehensive educational resources and high quality programs and services, CMG strives to assist our customers in making choices that promote optimal health.

Please join us in taking a step toward better health by participating in a CMG Health Education class whether you are:

- thinking about making a change;
- ready to make a change; or
- simply want to further enhance your health.

CMG's Health Education Department has classes, resources and programs to help you each step of the way.



# REGISTRATION – HEALTH EDUCATION

For more information, or to register for the health education classes listed in this brochure, simply call the Health Education Department at 602.861.7260 or email us at [CMGHealthEducation@cigna.com](mailto:CMGHealthEducation@cigna.com).

A minimum number of participants is required for classes to be held. We reserve the right to cancel those classes not meeting this requirement. Depending on your coverage, you may be charged for classes. Non-CIGNA customers are welcome to attend any of our classes for a slightly higher fee, so register and bring a family member or friend. A 24-hour notice of cancellation is required for full registration fee refund.

# REGISTRATION – DIABETES EDUCATION

To make an appointment with a Diabetes Educator or to register for a Diabetes class, please call one of the Health Care locations listed below:

## EAST VALLEY

Chandler	480.821.7565
CJ Harris	480.345.5085
Scottsdale	480.840.0800
Superstition Springs	480.641.4000

## CENTRAL VALLEY

Clyde Wright	602.271.5201
Paradise Valley	602.404.5200
South Mountain	602.276.5565

## WEST VALLEY

Deer Valley	602.843.7900
Paseo	602.588.6601
Sun City	623.876.2829
Westridge	623.849.7500

For general information about the diabetes program, call 623.876.2355



# CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

## Living a Healthy Life with a Chronic Condition

This six-week course, held for 2-1/2 hours each week, is designed for our customers who have a chronic disease like asthma, arthritis, congestive heart failure, diabetes, high blood pressure or heart disease. Developed and evaluated by Stanford University, this course focuses on all chronic conditions rather than a specific disease.

You will develop the skills and confidence needed to coordinate all aspects of managing your health, as well as learn how to maintain an active and fulfilling life. Subjects covered include:

- Frustration, fatigue, pain and isolation
- Appropriate exercise including strength, flexibility and cardiovascular endurance
- Appropriate use of medications
- Healthy eating
- Goal-setting and problem-solving

Each participant will receive a workbook, *Living a Healthy Life with Chronic Conditions* and an audio relaxation CD, *Time for Healing*, as well as a *State of Arizona Life Care Planning Packet*. Classes are held at various CMG locations at a variety of times.

To register or for more information,  
call or email us at:  
602.861.7260  
[CMGHealthEducation@cigna.com](mailto:CMGHealthEducation@cigna.com)



## DIABETES SELF-MANAGEMENT TRAINING

*Follow the A, B, C Path to plan your diabetes education*

### Assessment

Meet with a diabetes educator to discuss your individual care plan. This individual appointment is required before entering the Basic Class Series.

### Basic Class Series

These classes offer an extensive, personalized program of diabetes education. After your individual assessment, you will enter a series of classes addressing key issues in diabetes self-management. Upon completion of the classes, you will be encouraged to follow up in a group setting or individually. Group education is free to our CIGNA Medicare Select® customers. Others are asked to contact Customer Service for diabetes group education coverage information. Family members are always welcome and encouraged to accompany you at no charge. Non-CIGNA customers (fee-for-service) are welcome but advised to consult their own Customer Service departments for coverage information.

### Continuing Diabetes Education

If you have completed the Assessment and Basic Class Series but would like to stay connected to your diabetes education team, this class may be for you. It is held at various times during the year to provide updated information, self-care motivation and the opportunity for you to get your questions answered by certified diabetes educators. Payment may be required, depending on your coverage.

### Diabetes Survival Group

This is a problem-solving workshop for those living with complex diabetes-related conditions.

### Gestational Diabetes Education

If you are diagnosed with diabetes during your pregnancy, Cigna Medical Group recommends that you see a diabetes educator. You will receive a blood glucose testing machine and an individual diet plan, as well as learn the principles of proper blood glucose control to help ensure the delivery of a healthy baby.

### Diabetes Education for Non-English Speaking Patients

Individual instruction is available with language assistance through interpreters and a telephone language service.

To register or for more information,  
call 623.876.2355

## FALL PREVENTION

One of the greatest fears among the senior population is the fear of falling. Statistics have shown that one in three older adults living at home fall each year. Falling can lead to hospitalization, increased medical costs, a loss of confidence, and/or a loss of independence. Therefore, Cigna Medical Group has a free Fall Prevention DVD for our Medicare Select customers to help decrease the chance of falling or of developing a fear of falling.

The DVD reviews six different areas where you can decrease your chances of falling. This includes learning how to modify your home, eating a healthy diet, checking your vision and hearing regularly, medication interactions and physical activity.

If you would like a copy of the DVD, please request one from your CIGNA doctor at your next visit. If you do not have a DVD player, you may request a copy of an informational brochure about fall prevention. Both the DVD and the brochure address the same topics. You may also view the fall prevention DVD online at: [www.cigna.com/cmga/healthyliving/classes-fall.html](http://www.cigna.com/cmga/healthyliving/classes-fall.html).

## GOLDEN VITALITY

Golden Vitality is a free, comprehensive wellness program for our CIGNA Medicare Select customers. It is designed to encourage positive lifestyle choices and educational opportunities to help you make informed health care decisions. By joining Golden Vitality you will be able to take advantage of the following:

- Get reimbursed up to \$200 per year for your fitness club membership or receive an At-Home Fitness Kit to facilitate exercise at home or outside.
- Attend Cigna Medical Group Health Education Classes.
- Access a variety of education resources through [www.myCIGNA.com](http://www.myCIGNA.com), Healthy Rewards®\* and the CIGNA Medicare After-Hours Nurseline.
- Track your screenings, immunizations, eating patterns and physical activity in the logs provided.

To register or for more information, call or email:  
1.800.592.9231 (select prompt 3)  
[goldenvitality@cigna.com](mailto:goldenvitality@cigna.com)

\* Some Healthy Rewards programs are not available in all states. If your CIGNA plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. A discount program is NOT insurance, and you must pay the entire discounted charge.



## HEALTH EDUCATION AT THE WORKSITE

The Health Education Department has a wide variety of classes that can be presented at your place of business. We have an extensive listing of classes available to you. Examples of classes offered include:

- Back Care
- Diabetes Seminars
- Exercise
- Healing with Humor
- Hypertension
- Nutrition Seminars
- Stress Management
- Weight-to-Go! Weight Management Program

Contact your Employee Benefits Department for more information on how to bring classes to your worksite. Simply have them contact their CIGNA Account Representative for more information and for a complete listing of our health educational class offerings. A ten person minimum is required for a class to be held at the worksite. Classes also require a fee to cover the cost of materials and instruction.

## HEALTHY EATING

This is a one time class held at various Cigna Medical Group locations.

Learn how to...

- Eat to lose or maintain weight
- Eat to manage cholesterol
- Eat to manage your blood pressure
- Eat to prevent Type 2 diabetes

To register or for more information, call:  
623.876.2355

## MEDICAL NUTRITION THERAPY

### Individual Counseling

Registered dietitians are available to both adults and children for all medical nutrition needs. Your doctor may recommend that you consult a registered dietitian for specific individual dietary advice. While most plans cover nutritional consults for a medical condition, please contact Customer Service for specific coverage information for your plan. Non-CIGNA customers (fee-for-service) are also welcome but advised to contact their own Customer Service departments for coverage information.

To register or for more information, call:  
623.876.2355



## TAI CHI

Tai Chi is the ancient Chinese art of relaxation and healing. It has been recognized by medical experts as a practical, effective way to alleviate chronic pain, reduce stress, lubricate joints, decrease your chance of falling and fortify your immune system. You may find renewed energy and vitality through Tai Chi. Great focus, awareness and concentration will help you deal with life's challenges while bringing you into a state of inner harmony.

### Tai Chi 1: For the Beginner\*

This multi-session class provides a gentle fitness program for the body, mind and spirit. Participants can expect to experience increased balance, flexibility and strength.

### Tai Chi 2: For the More Advanced\*

This multi-session class is a follow-up to the initial class for those who are ready to move on to the next level. You must have completed Tai Chi 1 in order to enroll in this class.

*\*Locations and length of series may vary.  
Participants cannot attend Tai Chi 1 and 2  
at the same time.*

To register or for more information,  
call or email us at:  
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## TOBACCO CESSATION

### Arizona Smokers' Helpline (ASHLine)

The Arizona Smokers' Helpline (ASHLine) provides tobacco cessation services to all Arizona residents for all forms of tobacco addiction. ASHLine is a free, confidential, telephone-based, coaching program designed to help you quit tobacco. You will receive educational materials discussing the preparation needed for quitting, the quitting process and other concerns about quitting tobacco. You may also receive coaching by phone at a time most convenient for you. In addition to personalized coaching, ASHLine now offers a web-based quit program where you can customize your quit plan and track your progress via your personal web-based quit plan.

#### This service is offered:

- In both English and Spanish
- Monday through Thursday – 7:00 a.m. to 8:00 p.m.
- Friday – 7:00 a.m. to 6:00 p.m.
- Saturday – 10:00 a.m. to 4:00 p.m.

#### You may contact ASHLine by:

- Phone – 1.800.556.6222
- Email – ashline1@u.arizona.edu
- Website – [www.ashline.org](http://www.ashline.org)

Currently, ASHLine offers medication coverage, which is two weeks of free nicotine replacement medications (i.e., patches, gum and lozenges).

*The Arizona Smokers' Helpline is made available as a free service to the citizens of Arizona through funding provided by the Tobacco Tax and Health Care Act, as disbursed by the Arizona Department of Health Services Bureau of Tobacco and Chronic Disease (BTCD) in partnership with the Mel and Enid Zuckerman College of Public Health at the University of Arizona.*

**Visit the ASH website at [www.ashline.org](http://www.ashline.org)**

## WEIGHT-TO-GO! WEIGHT MANAGEMENT

Weight-to-Go! is a comprehensive, eight-week, weight management program based on the Dietary Guidelines for Americans. It is designed to promote weight management by giving you the tools, habits, knowledge and skills needed to manage your weight through healthy eating and physical activity.

You will learn:

- How to make smart choices and get the most nutrition for your choices
- Portion control
- Calories in versus calories out
- Sources of calories
- "Problem" food groups
- Meal-planning
- The value of physical activity
- Goal-setting

Let us help you find your healthy balance!

To register or for more information,  
call or email us at:

602.861.7260

[CMGHealthEducation@cigna.com](mailto:CMGHealthEducation@cigna.com)





## PREVENTIVE HEALTH GUIDELINES



### WELL-CHILD CARE (through age 18)

#### Well-baby and Well-child Visits

- Periodic visits, depending on age

#### Immunizations as appropriate by age, such as:

- Diphtheria, tetanus toxoids and acellular pertussis (DTaP)
- Haemophilus influenzae type b conjugate (Hib)
- Hepatitis A (Hep A) and B (Hep B)
- Human papillomavirus (HPV): in girls and women ages 9 – 26
- Influenza: annually 6 months through 18 years
- Measles, mumps and rubella (MMR)
- Meningococcal (MCV): ages 11 – 18
- Pneumococcal (pneumonia)
- Poliovirus (IPV)
- Rotavirus
- Varicella (chickenpox)

#### Screenings as appropriate by age

- Cholesterol for those at risk after age 2 but by age 10
- Hemoglobin or hematocrit: once a year for females after menarche
- Pap test within 3 years of sexual activity (or by age 21) at least every 3 years

CIGNA defines preventive care as periodic well visits, routine immunizations and routine screenings provided to you when you have no symptoms or have not been diagnosed with a disease. Additional immunizations and screenings may be included for those customers at increased risk for a particular disease.

While your physician will determine the tests that are right for you based on your age, gender and family history, here's a list of what is covered by your preventive health coverage.

## ADULT CARE (after age 18)

### Well-man and Well-woman Visits

- Periodic visits, depending on age

### Immunizations such as:

- Hepatitis A (Hep A) and B (Hep B): for those at risk
- Human papillomavirus (HPV): in girls and women ages 9 – 26
- Influenza: ages 19 – 49, as your doctor advises; ages 50+, annually
- Pneumococcal (pneumonia): ages 65+ once (or younger for those with risk factors)
- Rubella (German Measles) for women of childbearing age if not immune
- Tetanus and diphtheria toxoids booster (Td) every 10 years (or Tdap, as indicated)
- Varicella (chickenpox): second dose catch-up or if no evidence of prior immunization or chickenpox
- Zoster: ages 60+

### Screenings

- Cholesterol ages 20+, every 5 years
- Diabetes screening ages 45+, or at any age if asymptomatic with sustained BP greater than 135/80, every 3 years
- Mammogram once a year for women ages 40+
- Osteoporosis screening for women ages 65+, 60 for women at high risk
- Pap test within 3 years of sexual activity, or ages 21 – 64 at least every 3 years
- Prostate screening (PSA) for men ages 50+, once per year
- Ultrasound for abdominal aortic aneurysm (AAA) for men ages 65 – 75 who have ever smoked
- Colon cancer screenings ages 50+ (or at any age if risk factors):
  - Flexible sigmoidoscopy every 5 years
  - Fecal occult blood test (FOBT) or fecal immunochemical test (FIT) annually
  - Colonoscopy every 10 years
  - Double contrast barium enema every 5 years
  - Computed tomographic colonoscopy (CTC)/ virtual colonoscopy every 5 years
  - Stool-based deoxyribonucleic acid (DNA) test

- Chlamydia screening for sexually active women ages 24 and under

Other services, which are not classified as preventive care but are generally covered under the medical plan, include tests to investigate existing symptoms, tests to follow up on results of screenings, and tests to monitor an ongoing condition or prevent a current condition from becoming worse. Deductibles<sup>1</sup> and coinsurance<sup>2</sup> will apply.

<sup>1</sup> Deductible – the amount you pay before the insurance starts to pay. <sup>2</sup> Coinsurance – the portion of covered expenses you pay after you have met your deductible.

## WOMEN DURING PREGNANCY

Pregnant women should visit their physician or OB/GYN in their first trimester of pregnancy for an initial evaluation and to establish a prenatal care schedule. During this visit, your physician will check your health and the health of your baby. Based on your individual medical history and trimester, your physician may recommend additional tests and care.

*For more information please visit:  
[www.myCIGNA.com](http://www.myCIGNA.com) and click on  
“Preventive Health Guidelines.”*

